



Montana State University Extension Service Flathead County Newsletter



HEY!!
Juniors, Seniors AND
Cloverbuds...
DON'T MISS
FLATHEAD COUNTY'S
4-H CONGRESS

4-H Congress provides youth from across the county an opportunity to come together and participate in an event like no other.

At Congress, 4-H members will learn, compete, be challenged and most of all have a great time with their peers. Congress is an important educational opportunity for our county's 4-Hers and is the signature event for the Montana 4-H Program.

The purpose of Congress is to provide a safe and fun environment for youth to experience public speaking opportunities that will help them throughout their lifetime.

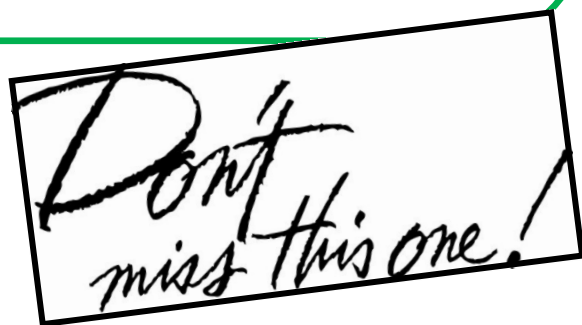
WHEN & WHERE??

Saturday, April 12th,
from 9:00 am-2:30 pm

*(all participants should arrive by 9:00am to register—
judging starts at 9:30 am)*

Central Bible Church
902 1st Ave East In
Kalispell.

*Potluck lunch will begin around 12:00 &
Award ceremony will begin around 1:00.
Please bring a potluck item to share.*



REGISTRATIONS FORMS CAN BE
DOWNLOADED FROM THE
COUNTY WEBSITE AT:
[www.flathead.mt.gov/extension/
downloads.php](http://www.flathead.mt.gov/extension/downloads.php)

**MUST BE SUBMITTED TO EXTENSION
OFFICE BY 5:00 PM, MONDAY
APRIL 7TH**

2014 Hand-to-Heart Award

Awarded at Flathead County 4-H Congress Event On Saturday, April 12th

Application Deadline = Friday, April 4th, 2014

Flathead County Extension Office



This award has two age divisions, 4-H ages 8-10 and 11-13 (*meaning this was the member's age as of Oct. 1, 2013*). Applicants are required to interview for this award. Interviews will take place in the Extension Office. You will be notified of your interview time previous to the event. Remember to dress as if you were going to a job interview. A Grand and Reserve Champion will be selected in each age division and each will be awarded a Flathead County Hand-To-Heart Buckle at the County Congress event in April.

Entry forms can be downloaded from the county website at: www.flathead.mt.gov/extension/downloads.php



2014 MARKET LIVESTOCK TAGGING & WEIGH-IN's 4:30-6:30pm

Beef weigh-in = Monday, April 14th
Hog tagging & weigh-in = Monday, April 28th
Lamb tag & weigh-in = Monday, May 19th

MARKET LIVESTOCK SEMINARS

Hog Seminar = Weds., April 9th
**Hog seminar will be held in the Expo building on the fairgrounds from 6-8pm on April 9th.*

Sheep Seminar = Tues., May 6th.
**Sheep Seminar will be held at the Vo-Ag Center from 6-8pm on May 6th.
310 FFA Drive; Kalispell;*

*The first year that you do a livestock project, you must attend the seminar for that project species.
All other members can come, but it's not mandatory.*

Due to the holiday weekend, the 2013-2014 4-H Achievement Banquet date was moved to **Sept. 6th** in the Expo bldg on the fairgrounds.



4-H Awards Banquet
Date changed to
Sept. 6th



4-H CAMP CLEAN-UP DAY & POTLUCK

DARRELL FENNER Loon Lake 4-H CAMP

SATURDAY, MAY 3, 2014 - 10:00am

The camp will provide beverages and burgers for lunch. Plan to bring a pot luck item and we'll meet around 10:00 am. Don't forget to bring chainsaws, shovels, rakes, wheel barrows, leaf blowers, shop vacs, gloves, hammers, screwdrivers and any other useful tool for the job. We will supply any needed building materials.

Please CALL the Flathead County Extension Office and let us know how many are in your group so we can plan for lunch — 758-5553

All Flathead County 4-Hers who attend camp clean-up day will qualify for a 25% camp registration discount.

If you're coming in from out of town and would like to stay one night at the camp, please contact the



4-H Shooting Sports

Learn By Doing

We have some **AMAZING** shooters in the Flathead, who (*because of their **AWESOME** abilities*), now have an opportunity to attend the **2014 National Shooting Sports** competitions in Nebraska!

CONGRATULATIONS!!

Air Pistol

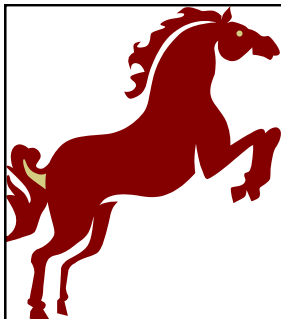
Tia Evenson
Nicholas Williams

Small Bore Pistol

Andrew Obst
Tristan Smith

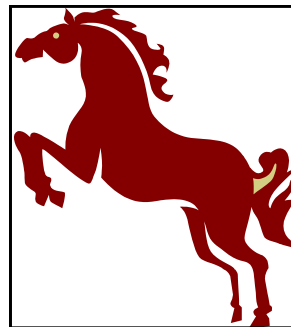
Shooting Sports Awards Dinner
April, 27 at 3:00pm
Country Kitchen on Fairgrounds
Bring a Dessert





4-H Horse Camp

May 9th & 10th, 2014
Flathead County Fairgrounds



The 7th Annual Flathead County 4-H Horse Camp will be held at the fairground on May 9th & 10th. Entry forms can be downloaded from the county website at:
www.flathead.mt.gov/extension/downloads.php

Please read the packet carefully and feel free to contact the Extension Office if you have any questions at 758-5553.

Registrations are due to the Extension Office by **Tuesday, April 15, 2014.**

Class Descriptions

Instructor will adjust class exercises to level of each group.
Classes will be assigned according to level of rider. Level One Classes are Walk/Trot Only.
Please bring horses saddled with both halter and bridle available for all classes as indicated.

Classes this year will be centered around the following:

Obstacle and Trail: Sharpen your obstacle and trail skills. Learn how to safely approach, desensitize and maneuver a variety of obstacles with your horse. Can use western or english tack. Bring halter in addition to having your horse saddled and bridled, as some obstacles may be worked on ground prior to riding.

Dressage Elements: Improve your riding skills and fine tune different maneuvers for increased communication, control, precision, and responsiveness in your horse. Can use western or english tack (saddled and bridled).

Finishing Class: Learn finishing techniques for advanced elements such as neck reining, turn arounds, stops and more. Can use western or english tack (saddled and bridled).

Back Country and Packing: New to horse camp this year! Introduction to riding and packing in the back country. Can use western or english tack. Bring halter in addition to having your horse saddled and bridled.

Show Ring Strategy: Tips on preparing your horse, you and your tack for a show! Great for showing, as well as everyday. Can use western or english tack. Be sure to bring halter, bridle, saddle to this class.

Working Ranch: Hands on interactive foundational exercises for ranch work, roping, teaching your horse how to do cow work from the ground up. Please use western tack for this class if possible.

Paint and Groom: Learn different grooming techniques and add some "bling" to your horse with glitter and paints! Great fun for classes such as costume and games - braiding and banding for show. Bring halter to this class, saddle optional (can leave on for convenience). Imaginations encouraged - so bring ideas!!



Activity Class: This class will be a fun interactive activity on Friday, do not bring horse to this one.

Parents Workshop on Saturday: All parents, adults, leaders and chaperones welcome! Useful truck and trailer information and tips! Supportive parent workshop!

MARK YOUR CAMP CALENDARS!!



Make plans to attend the 2014 Loon Lake 4-H Camp **JULY 21-25**

(this camp is located just outside the Bigfork area)

Who can attend this Camp?

If you are **at least** 8yrs old
on the first day of camp
and **no older than** 12yrs
old on the first day of camp
(July 21), you can attend.

Registration packets will be available
in May. Cost is \$100 for the week.



Cloverbud Camp

Ages 7-9yrs

June 6, 7, & 8, 2014

Camp begins at 6pm on Friday and
closes noon Sunday

Darrell Fenner 4-H Camp · Loon Lake
· Ferndale

Share in the exciting experience of
Cloverbud Camp with your child!
**Youth camper must be accompanied
by a parent or guardian**

Fee: \$110 for one youth camper and one adult (\$50
for each additional youth or adult). Full refunds be-
fore June 2, 1/2 refunds after. Make checks paya-
ble to Lake County Extension.

Registration forms can be found online at:
www.flathead.mt.gov/extension

Click on "downloads"

For more information, call Lake County Extension
office 406-676-4271

MCC Youth Expedition Program

What is this? A free summer program that engages students in hands on conservation work and outdoor learning opportunities. It's a fun way to spend time outdoors, earn some money (\$200 AmeriCorps Service Award), and build an impressive resume for college or a career in Resource Management through volunteer experience with public land agencies.

Who can go? Montana Youth age 15-17.

When is it? There are two four-week sessions, June 16 – July 11 and July 21 – Aug 15. Participants are divided into crews of 6 with two adult Crew Leaders and will live and work with their crew for all four weeks!

Where is it? Crew Members will participate in conservation projects (trail building, fencing, watershed restoration, etc.) on public lands all over the Flathead, including places like Glacier National Park, Flathead National Forest, and the National Bison Range! Crews will camp on site and all meals are provided for.

How do I get involved? Download the application at <http://mtcorps.org/join/mcc-expedition> or contact Meredith Whitney at flat-headyouth@mtcorps.org or 406-755-8089.



MONTANA CONSERVATION CORPS

Tools for Living. Experience for Life.

4-H Shooting Sports Camp

May 16, 17 & 18, 2014

Loon Lake 4-H Camp

Registration Due: May 5.

Fee: \$50 per person. \$150 per family.

Registration Form can be found on the Flathead County 4-H website at:

flathead.mt.gov/extension

**click on downloads

Contact the Lake County Extension Office for more information: 406-676-4271.



Great guest speakers

Air Rifle

Archery

Shotgun

Fishing

Boating

Crafts

\$50/person

**Maximum \$150/family
(Immediate family members)**

**Includes lodging
and meals**

Space is limited!

1st annual Big Sky Lamb Camp & Jackpot - June 6-8, 2014

Location: Gallatin County Fairgrounds, Bozeman MT

Contact: David Boatman 541-815-0205 boatmanclublambs@cbbmail.com

Entry forms available at: <http://www.clublambpage.com/boatmanclublambs/index.html>

Two and a half days of hands-on and class instruction. Advanced camp offered. Bring your own lamb, learn and win prizes!

Drawing for PRIVATE showmanship lesson and 2nd drawing for fitting lesson! All registrations received by **March 1, 2014** will be entered in drawing for ½ hour private lesson with Tracy & a leg fitting lesson with David! Get registered now!

You will learn...

- How to successfully select a lamb; • How to feed and manage your lamb to its full potential; • Professional fitting techniques; • Ewe lamb sale - Saturday: 9am-6pm; • Hands-on instruction on showmanship techniques; • Mental preparation to compete

Sunday: Jackpot...Apply what you learned. 8am weigh-in 9am show.; • Market classes; • Showmanship - Junior, Intermediate, Senior, Int. Advance, Sr Advance. Awesome prizes.

Tracy Dendinger from Ohio will be instructing the campers and judging the jackpot. Tracy is a highly respected person in the sheep world today. She's a breeder, a national judge and showman, and clinician.

**Credit cards accepted. No entries accepted after May 16, 2014. Camp open to 1st 100 entries only.



**ATTENTION 2014 State 4-H
Horse Show Fans!**
*You have an opportunity to
design the official
2014 State 4-H Horse Show
book cover*



Must be original artwork received in the Flathead County Extension Office postmarked no later than **April 11th**.

Entries should include original artwork and the 4-H clover and the year 2014 should be included in your design. Contestants must be 4-H members in the State of Montana, and all entries must have a parent's signature. The winner will be notified by phone after April 30th. All designs will be displayed at the Horse show and the winning design will be used as the official 2014 State 4-H Show design. There is no limit on entries per person. Entry forms can be downloaded from the county website at:
www.flathead.mt.gov/extension/downloads.php

UPCOMING HORSE SEMINARS

***Please note there are 2 horse clinics scheduled for April 19th and everyone is welcome to attend one or both!

- **Saturday, April 19; 10-12 - Ranch Horse** - do not bring your horse, but will be interactive and is for anyone either in or interested in Ranch Horse. There will be a lunch break between the two clinics.
- **Saturday, April 19, 1-3pm. Problem Solving Through Ground Work.**

Who: Everyone Welcome to watch and/or bring your horse in halter (no pre-registration required).

Where: Kalispell Fairgrounds, CHS Arena.
What: Teach/improve your cues for ground and riding elements.

Learn about "Respect Work" and "Work Mode" and how to teach them to your horse.

Check for lameness, energy level, reaction/distraction, use for warm up and routine tool.

Call: Stacia McAdams with any questions at 756-8254.

- May 4 - **Horsemanship** Clinic - mounted. Contact Renee Caverly for more info: 837-4144
- May 9-10 - Horse Camp

4-H Parents & Volunteers...
This retreat is for you!!
Sept. 26-27



**SAVE
the
DATE**

September 26-27, 2014

UPCOMING LEADERSHIP RETREAT
ALL 4-H LEADERS ~ this is for you!!

Flathead Lake United Methodist Camp • Rollins, MT

Check the facilities out at www.flatheadcamp.org

2014 State 4-H Horse Show

Dear 4-H Supporters,

The Flathead 4-H Foundation is very excited to be hosting the **2014 MT State 4-H Horse Show ~ September 12-14, 2014** in Kalispell, MT.

As the second year of our two-year commitment for this show, we once again are asking for help to make this another amazing experience for 4-H horse members and their families from across the state.

The **MT State 4-H Horse Show** is open to all MT 4-H members working on the horse project ages 9-19. In preparation for this event, 4-H members labor throughout the year to hone their skills and test their abilities; all with the goal of exhibiting outcomes of their hard work to themselves, their families and their peers.

Similar to last year, we anticipate approximately 500 guests at this event. Your tax deductible donation will give all of these folks a chance to learn more about your organization or business. Additionally, it would allow participants an opportunity to increase their critical-thinking and problem-solving skills.

The **MT State 4-H Horse Show** helps 4-H members tackle challenges by using hands-on real world experiences. This high caliber event allows participants a chance to compete with others from across the state and offers, not only an opportunity to see where each excels, but also a formal venue for each to recognize areas they can improve upon in order to make the best, better.

Participants will walk away with increased self-esteem, discipline and character, along with memories that they will cherish forever. For some, this “once-in-a-lifetime” experience would not be available without the generous support of people like you; which is why it is our sincerest hope that you will consider supporting the **2014 MT State 4-H Horse Show**.

On behalf of the Flathead 4-H Foundation, I thank you for your time and attention to this matter. If you have any questions, feel free to contact me directly

Very sincerely,

Tammy Walker

4-H & Youth Development Agent
MSU Extension, Flathead County
tammy.walker1@montana.edu
(406) 758-5553 phone



2014 State 4-H Horse Show

2014 Montana State 4-H Horse Show Sponsorship

Hosted by Flathead 4-H Foundation, September 12-14, 2014 at the Majestic Valley Arena

Diamond Sponsors **\$1500** each

Three days advertising of banner(s), full page ad in premium book, name announced throughout the weekend, 6 Dinner tickets (RSVP by August 20), option to put poster or coupon in participant bag.

Gold Sponsors **\$800** each

Three days advertising of banner(s), 1/2 page ad in premium book, name announced throughout the weekend, 3 Dinner tickets (RSVP August 20), and option to add to participant bag.

Class Sponsors **\$250** each

Name and logo on class page in premium book, sponsor class awards including belt buckle and rosettes for 8 places. Name announced before and end of class, picture of class winner, 2 Dinner tickets (RSVP by August 20) and option to add coupons to bag.

Class Sponsor/Commercial Vendor combination deal: \$280.

Spirit Sponsors **\$150** each

Large print name listed in premium book, with business address and phone number.

4-H Lucky Sponsors

Smaller donations, products or items for silent auction. Name listed in premium book.

Commercial Vendor **\$60** per 15'x6' booth space for 3 days, tables will be provided.

Limited number of display booths available.

Class Sponsor/Commercial Vendor combination deal: \$280.

Please make checks payable to the Flathead 4-H Horse Committee (reference State Horse Show in the memo), 1108 South Main, Suite #4; Kalispell 59901 – 758-5553. Email: tammy.walker1@montana.edu

Sponsorships are tax deductible and you will receive a receipt for your donation. Please include a business card or the ad info that you would like to include in the premium book. Sponsors are responsible for providing their own banners and any coupons they would like added to entry gift bag. If you have questions, please contact the Flathead County Extension listed below:

Flathead County Extension Agent: Tammy Walker Phone: 406-758-5553 Email: tammy.walker1@montana.edu

Business Name:

Contact Person:

Address:

Phone: _____ **Amount of Donation:** _____

If sponsoring a class, 1st choice for class that you wish to sponsor: _____

If applicable, name & phone# of 4-H member who invited you to become a donor: _____

Please return by August 10, 2014 to ensure you are included in the premium book. Thank You!



Upcoming 4-H Meetings and Special Events



Upcoming Activities & Other Meetings

- ◇ Hand-to-Heart application deadline: *April 4th*
- ◇ Hog Seminar: *Wednesday, April 9 from 6-8 pm at the Fairgrounds Expo Building.*
- ◇ State Horse Show Cover Art Contest: *April 11 deadline.*
- ◇ County Congress: *April 12; registration due April 7th*
- ◇ Beef weigh-in: *Monday, April 14 - 4:30-6:30pm*
- ◇ Shooting Sports Awards Dinner: *Sunday, April 27.*
- ◇ Hog tagging & weigh-in: *Monday, April 28 - 4:30-6:30*
- ◇ Sheep Seminar: *Tuesday, May 6 from 6-8 pm at the Vo-Ag Center.*
- ◇ Loon Lake Camp Clean-Up: *May 3.*
- ◇ Horse Camp: *Registration due, April 15. Camp on May 9-10.*
- ◇ Shooting Sports Camp: *May 16, 17 & 18.*
- ◇ Sheep tagging & weigh-in: *Monday, May 19. - 4:30-6:30*
- ◇ Lamb Camp & Jackpot: *June 6-8 in Bozeman.*
- ◇ Cloverbud Camp: *June 6-8 4-H Camp in Fern-dale.*
- ◇ State Congress: *July 8-11 in Bozeman.*
- ◇ Agape Jr. Livestock Jackpot: *July 19 on Fair-grounds.*
- ◇ Flathead 4-H Camp: *July 21-25.*
- ◇ NW MT Fair: *August 9-16.*
- ◇ 4-H Achievement Banquet: *September 6th*
- ◇ State Horse Show: *September 12-14.*
- ◇ 4-H Leaders Retreat: *September 26-27.*

Forums, Committees & Councils

- **Horse Committee:** *Thursday, May 1 at 5:45pm in the conference room at the Extension office.*
- **Ag/Livestock Committee:** *Thursday, June 5 at 5:30pm in the 4-H Building at the fairgrounds*
- **Flathead 4-H Foundation:** *Thursday, June 5 at 6:30pm in the 4-H Building at the fairgrounds*



EXTENSION OFFICE MAIL

There is a secure locking mail box attached to the outside of the Extension office building: 1108 S. Main St. Feel free to deposit paperwork and/or payments in the box whenever the Extension Office is closed.



MSU Extension Service – Flathead County

Patricia McGlynn

Agriculture, Natural Resource & Community Development Extension Agent

Tammy Walker

4-H & Youth Development Agent

Dee Dryden-Cooper

Support Staff

Nancy Roberts

SNAP Educator

Linda Watters

Cherry & Grape Research Assistant

Address:

1108 South Main Street
Kalispell, MT 59901

Phone: (406) 758-5553

Fax: (406) 758-5881

Email: extension@flathead.mt.gov

Web: <http://flathead.mt.gov/extension>

State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month



Irresistible Irish Soda Bread

Makes 1 9 x 5" loaf

Ingredients:

3 cups all- purpose flour
1 tsp baking soda
1 TBSP baking powder
1 egg, lightly beaten
1/3 cup white sugar
2 cups buttermilk
1 tsp salt
1/4 cup butter, melted



Directions:

Preheat oven to 325F. Grease a 9 x 5" loaf pan.

Combine flour, baking powder, sugar, salt and baking soda.

Blend egg and buttermilk together, and add all at once to the flour mixture. Mix just until moistened. Stir in butter and then pour into prepared pan.

Bake for 65 to 70 minutes, or until a toothpick, inserted into the bread comes out clean. Cool on a wire rack. Wrap in foil for several hours, or overnight, for best flavor.

Nutrition Facts:

Calories: 192	Carbohydrates 31.7 g
Cholesterol 29 mg	Fat 4.9 g
Fiber .8 g	Protein 5.1 g
Sodium 497 mg	

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jill Martz, Interim Director of Extension, Montana State University, Bozeman, MT 59717